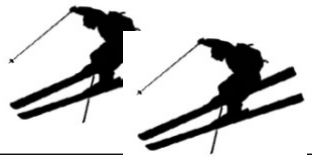
Hawc Happenings-MARCH 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Observance Air Force Nutrition		Civilian Health Promotion Services (CHPS) holds lunch and learn classes on a variety of subjects. Call 586-9586 for further information on scheduled classes	1	2
5 #4 Tobacco Cessation 0800-0900 Get Back in Shape 1500-1600 	6 #4 Anger Management 0900-1100	7 Nutrition 101 1300-1400 Get Back in Shape 1500-1600 #4 Tobacco Cessation 1500-1600 Tobacco Cessation SG 1600-1700	8 Up to 12 weeks of FREE tobacco cessation medication is available to federal employees and up to 6 months is available for active duty, dependents, and retirees when attending the tobacco cessation class series. Call the HAWC at 777-1215 for further information	9 HAWC Classes Call 777-1215 to Sign Up
12 #1 Tobacco Cessation 0800-0900 Get Back in Shape 1500-1600	13 #1 Anger ement 0900-110	14 Diabetes Prevention 1300-1400 Tobacco Cessation SG 1400-1500 Get Back in Shape 1500-1600 #1 Tobacco Cessation 1500-1600	15 120 k Run	16 "Like" us on FaceBook! Search for "HILL HAWC" and "HILL CHPS"
19 #2 Toba ation 0800- Get Back in Shape 1500-1600	20 #2 Anger Management 0900-1100	21 Hypertension 101 0900-1000 Tobacco Cessation SG 1400-1500 Get Back in Shape 1500-1600 #2 Tobacco Cessation 1500-1600	22	23 Please call 586-9584 to schedule an appointment for a cholesterol screening for yourself or your group. Hours of Operation M o n - F r i 7 0 0 - 1 6 0
26 #3 Tobacco Cessation 0800-0900	27 #3 Anger Management 0900-1100	28 Heart Healthy Eating 1300-1400	Upon supervisor's approval federal employees can use	30

Classes are held @ the Health & Wellness Center, Bldg. 533. Please call the HAWC at 777-1215 to sign up

Log onto www.AFMCwellness.com to create your wellness profile

HAWC CLASS DESCRIPTIONS

Anger Management Class: Got anger? Learn new techniques on how to understand where your anger comes from and how to modify the where, when and whys of it! This is a 4 part series meeting 2 hours weekly.

Diabetes Prevention: Learn about carbohydrate counting, portion size, label reading, low fat eating, smart shopping, fiber, artificial sweeteners, eating out and more. Held monthly.

Get Back In Shape: Looking for an opportunity to improve your health and PT score? If you are currently struggling with your PT scores or just out of shape and would like to improve your overall fitness. Come out and join us! Mondays: Cardio Wednesdays: Circuit Training

Heart Healthy Eating: This class focuses on low fat eating, portion control, fiber and antioxidant intake, label reading, shopping smart, and eating out.

Hypertension 101: This class is offered to help identify risk factors for hypertension and strategies to lower elevated blood pressure. Held monthly.

Nutrition 101: This class is offered monthly for those who are interested in learning about good eating habits. Focus will be on the Food Guide Pyramid, basic nutrition concepts, and basic weight management.

Tobacco Cessation Support Group: Tobacco Cessation Support groups are held for anyone who needs that extra help in staying free from falling into the tobacco trap again!

Tobacco Cessation Class: Quitting tobacco is the best gift you can give to yourself and to those who love you. The tobacco cessation class uses the American Cancer Society's "Freshstart" program. This is a 4 part series meeting one hour weekly for 1 month. All active duty, dependents, retirees, DOD civilians, and contractors are eligible to attend. On-line courses are also available if the classroom setting does not fit your schedule. The Utah Quit Line is also used and is coordinated with Davis County Health Department. The Utah Quit-Line includes Behavior Modification/Withdrawal Sym utrition, Exercise and Relapse Prevention.